



Stories from the Field: Riverside Elementary School District

November 17, 2020

1:30 PM – 2:00 PM

PROFESSIONAL STANDARDS LEARNING CODES: 1120, 2230, 3440, 4130, 4150



Welcome!

ADE's upLIFT Webinar Series was created for YOU, the school nutrition professional, to learn and get inspired in how and what you feed your students!



This year, we hope to continue to inspire you by shining a spotlight on stories from directors across the state who are staying upLIFTed during times of adversity.

Each month we will feature an Arizona school nutrition program that is maintaining quality while serving meals to their students despite unconventional operations.

November Spotlight

Riverside Elementary School District



Eva Chalabi

Director of Child Nutrition Services

Riverside Elementary School District

District Profile



Enrollment: 1,115

of sites: 4 (3 locations)

Free/Reduced Percentage: 50%-87%

Breakfast, Lunch, Snack

District Profile



Before COVID-19

of meals served per day: 750-800

Lunch ADP: 89%

Since COVID-19

of meals served per day: 300

Lunch ADP: 35%

District Profile



Current Learning & Feeding Model

Distance Learning is our current model. Students are learning from home. Our meal feeding model includes curbside pick up, home delivery, and bus stop pick up.

Nutrition Initiative

*Topic: Preparing and Serving Scratch and Semi-Scratch
Recipes*

Why we focus on...

Scratch and Semi-Scratch Recipes

- Freshness - We know we are serving nutritious food...practicing what we preach.
- Variety - We focus on serving several meals that take less time and are easy to prepare.
- Affordability - Scratch cooking is more cost effective than relying strictly on heat & serve items.
- Excitement - Keeps things interesting in the kitchen!

Scratch and Semi-Scratch Recipes

How we put it into practice!

Organize your commodity dollars and plan on using your commodity food items.

Involve your cooks and staff when planning your menu. Plant the seed in their head.

Ask your kitchen staff for recipe ideas and suggestions. It really stirs up interest and ignites their desire to cook scratch meals.

Scratch and Semi-Scratch Recipes



Sample Breakfast Menu

Breakfast Menu

Monday, October 12	Tuesday, October 13	Wednesday, October 14	Thursday, October 15	Friday, October 16	Saturday, October 17
BREAKFAST Protein Breakfast Bar Pear, Milk	BREAKFAST Egg & Cheese Breakfast Sandwich, Apple, Milk	BREAKFAST Cinnamon Raisin Bagel, Fruit Juice, Raisin, Milk	BREAKFAST French Toast Breakfast Bar Orange, Milk	BREAKFAST Cinnamon Bun Apple, Milk	BREAKFAST Raspberry Filled Churro Fruit Juice, Raisins, Milk
LUNCH Chicken Fried Rice, Chinese Egg Roll, Carrots, Pineapple Chunks, Milk	LUNCH Ham & Cheese Wrap, Broccoli, Fruit, Milk	LUNCH Chicken Salad, Black Bean Salad, Diced Peaches, Milk	LUNCH Chicken Alfredo Pasta, Peas, Diced Pears, Milk	LUNCH Home made Bean & Cheese Burrito, Calabacita, Applesauce, Milk	LUNCH Turkey & Cheese Sandwich Mixed Vegetables, Sliced Peaches, Milk

At Breakfast



Sample Lunch Menu

Lunch Menu

Monday, October 12	Tuesday, October 13	Wednesday, October 14	Thursday, October 15	Friday, October 16	Saturday, October 17
BREAKFAST Protein Breakfast Bar Pear, Milk	BREAKFAST Egg & Cheese Breakfast Sandwich, Apple, Milk	BREAKFAST Cinnamon Raisin Bagel, Fruit Juice, Craisin, Milk	BREAKFAST French Toast Breakfast Bar Orange, Milk	BREAKFAST Cinnamon Bun Apple, Milk	BREAKFAST Raspberry Filled Churro Fruit Juice, Raisins,, Milk
LUNCH Chicken Fried Rice, Chinse EggRoll, Carrots, Pineapple Chunks, Milk	LUNCH Ham & Cheese Wrap, Broccoli, Fruit, Milk	LUNCH Chicken Salad, Black Bean Salad, Diced Peaches, Milk	LUNCH Chicken Alfredo Pasta, Peas, Diced Pears, Milk	LUNCH Home made Bean & Cheese Burrito, Calabacita, Applesauce, Milk	LUNCH Turkey & Cheese Sandwich Mixed Vegetables, Sliced Peaches, Milk

At Lunch



Top 5 Tips for...

Scratch and Semi-Scratch Recipes

- Start with your commodity product.
- Pick simple recipes that are versatile
- Engage your staff for ideas
- Sample your new items
- Use resources such as ICN, Team Nutrition, Google

Thank You!

Eva Chalabi

Director of Child Nutrition Services

Riverside Elementary School District

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Visit our webpage:

www.resdonline.org



Resources

Top Five Tips for...

Preparing and Serving Scratch and Semi-Scratch Recipes

from...



Eva Cholabi
Director of Child Nutrition Services
Riverside Elementary School District

- 1 Start with your commodity products**
Your USDA Foods entitlement provides you with access to many foods and products that can be easily incorporated into scratch and semi-scratch recipes.
- 2 Pick simple recipes that are versatile**
Evaluate your equipment inventory and determine what equipment you need to support your goals.
- 3 Engage your staff in the process**
Ask your staff for recipe ideas they think will be successful in your meal service.
- 4 Sample your new items**
Allow your staff and students to taste test any new recipes so you can gather feedback before planning to serve them in your meal service.
- 5 Utilize existing resources**
Check out [USDA Team Nutrition](#) or the [ICN Child Nutrition Recipe Box](#).



Top 5 Tips

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School Meals in Arizona How'd they do that?

Riverside Elementary School District Protein Bars

Served Monthly Since August 2006
Food Cost: \$0.31 per serving (including wrap)
1.25 oz. Grains per serving
1 Meat/Meat Alternate per serving

Ingredients
Coconut, Oats, Craisins,
Sunflower Seed Butter, Syrup,
Cocoa Powder, Butter, Vanilla,
Extract

Preparation
Equipment/Supplies

- Food processor (optional)
- Parchment paper
- Sheet pan
- Knife
- Freezer
- Plastic wrap (optional)

Food Safety

- Butter should be melted at
- Proper handwashing and glove use is required when preparing and slicing bars
- Cover sheet pan when storing or freezing
- Keep cold food at or below 41 F

Labor

- No special training required
- Ingredients are placed into a bowl and mixed to combine
- Ingredients are then spread out on a sheet pan and placed in a freezer to form. Freeze time is about 1 hour
- Bars should be carefully sliced into squares before wrapping and serving



Backstory

The problem created a lot of questions as vendors were running out of Individually Wrapped (IW) breakfast items. Community members started to see their leftover sunflower seed butter. Seeing that the students did not enjoy another nut and jelly sandwich or using nut butter as a dip, they decided to search for homemade snack bar recipes that called for some kind of nut butter that can easily be substituted. There were several recipes that had nut meals so they ended up creating their own recipe! After taking it out to the kitchen, they decided it would be a wonderful addition to their menu!

Serving Suggestion

Grab n Go Breakfast or Snack

- Fruit (USDA Foods Entitlement, available through D&D Fresh)
- Choice of milk (Available from Shamrock Foods)



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Scratch Cooking

Protein Bar

This delicious protein bar is a great grab n go item for students of all ages!

Meal Service
Breakfast

Meal Components per Serving:
1.25 oz Whole Grain-Rich Grains
1 Meat/Meat Alternate

Ingredients Yield: 24 Servings

Note: Meal pattern components and amounts are based on the ingredients listed below. If different ingredients are used, the meal component contribution and amounts per serving may change.

- 2 cups Coconut, dried, sweetened, shredded
- 12 cups Oats, rolled, quick
- 3 1/4 cups Dried fruit (craisins, raisins, cherries, mixed fruit)
- 1 1/2 cups Sunflower seed butter (or peanut butter)
- 4 oz Syrup
- 1 cup Cocoa powder, 10-13% fat
- 4 oz Butter, unsalted, melted (or coconut oil)
- 1 1/2 Tbsp Vanilla, extract, imitation, no alcohol

Nutrients

Per Serving:
1 piece/bar

Calories	360 kcal
Carbohydrate	44 g
Saturated Fat	6 g
Sodium	89 mg

Source

Riverside Elementary School District
Phoenix, AZ



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Looking Ahead

Join us next month!

Stories from the Field: Humboldt Unified School District

December 15, 2020

1:30pm - 2:00pm

Next month, Stay upLIFTed will highlight Humboldt where they have continued to implement their important nutrition initiatives such as continuing to serve fresh fruits and vegetables, and offering students a variety of nutritious options. Join us to learn more about their operation and how you can implement similar techniques!



Thank you!

**Any questions?
Please type them into the chat bar now.**

If you are attending the live webinar, you will receive a link to complete the survey in EMS. After you complete the survey you can print a certificate of completion.

If you are watching the recorded webinar, you can access the survey link and certificate of completion at the end of the webinar slides.



 Kim Ruiz, ADE

Comprehension Check

Question #1


According to the speaker, which of the following are ways to begin incorporating scratch and semi-scratch recipes in your operation?

- a. Buy fresh ingredients from the store
- b. Ask your teachers what they think
- c. Look at your home cook books
- d. Start with a commodity product

Comprehension Check

Question #1

According to the speaker, which of the following are ways to begin incorporating scratch and semi-scratch recipes in your operation?

- a. Buy fresh ingredients from the store
- b. Ask your teachers what they think
- c. Look at your home cook books
-  d. Start with a commodity product

The correct answer is D!

Comprehension Check

Question #2

According to the speaker, engaging your staff for ideas is not a good way to start adding scratch or semi-scratch recipes to your menu

TRUE

FALSE

Comprehension Check

Question #2

According to the speaker, engaging your staff for ideas is not a good way to start adding scratch or semi-scratch recipes to your menu

TRUE

FALSE

The correct answer is **FALSE!**

Comprehension Check

Question #3

According to the speaker, cooking scratch and semi-scratch items is more affordable than relying strictly on heat and serve items.

TRUE

FALSE

Comprehension Check

Question #3

According to the speaker, cooking scratch foods is more affordable than relying on heat and serve items.

 TRUE

FALSE

The correct answer is **TRUE!**

Congratulations!

You have completed the [Recorded Webinar: upLIFT Stories from the Field: Riverside Elementary School District](#)

To request a certificate, please go to the next slide.

In order to count this training toward your Professional Standards training hours, the training content must align with your job duties.

Information to include when documenting this training for Professional Standards:

- Training Title: [Recorded Webinar: upLIFT Stories from the Field: Riverside Elementary School District](#)
- Key Area: 1000-Nutrition, 2000-Operations, 3000-Administration, 4000-Communications & Marketing
- Learning Codes: 1120, 2230, 3440, 4130, 4150
- Length: 0.5 hour

Please Note:

- Attendees must document the amount of training hours indicated regardless of the amount of time it takes to complete it.

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